

Considerations for Moving a Loved One Home from a Nursing Facility, Rest Home or Assisted Living Residence

During the declared State of Emergency in response to the COVID-19 pandemic, families may be considering whether their loved one should move from a Nursing Facility, Rest Home or Assisted Living Residence. Outlined below are some steps to evaluate and list of resources that are available to assist families in assessing this complex decision as it important to fully understand the care needs and other supports that your loved one may need.

Step 1: What type of facility does my love one reside in?

The processes and implications are different depending on where your loved one resides. Read below to learn more.

If a Loved One lives in an Assisted Living Residence (ALR):	If a Loved One lives in a Nursing Facility or Rest Home:
<p>There is no uniform process to move out as the tenancy is governed by landlord-tenant law; however,</p> <ul style="list-style-type: none">• If the move is permanent, it is important to check the resident agreement to understand any applicable terms or penalties for terminating residency.• If the move is temporary, it is important to inform the residence (preferably in writing) that the family member will be spending time away from the ALR and continue to make required payments to preserve your family member's tenancy so that they can return to their unit at a later date.• It is also important to coordinate the date, time, and process for the move or subsequent return with the ALR and ensure access to any necessary medications, supplies, and assistive equipment.	<p>If you have decided on a discharge home, you can begin the process by:</p> <ul style="list-style-type: none">• Contacting the social worker at the nursing home to begin to facilitate the discharge process outlined below.• The resident may initiate this contact on their own or if a resident does not have decisional capacity, the authorized contact or guardian can make this request.• It is important to note that if a family chooses to discharge a loved one from a nursing facility or rest home, their loved one is not guaranteed re-admittance to that facility.

Step 2: Primary Considerations for Moving a Loved One

Here are some key questions to consider in moving a loved one from their facility to home:

- Does my loved one have a safe and accessible place to live?
- Is there consistent support and a backup plan should that support not be available?
- What specific services and supports are needed?

Step 3: What are your loved ones needs? Who will provide assistance?

This chart below can assist with evaluating your loved one's needs, help you gauge the level of assistance s/he may require, and who within the family/social support network can provide the in-home assistance. This chart can be shared with the social worker to help determine how much assistance is required and if an outside service is needed.

Needs	Independent/ Able to do for themselves	Family/Friend/In home Support will provide needed assistance	Will need outside assistance
Bathing/Personal Hygiene			
Getting dressed/undressed			
Toileting			
Walking (Ambulating)			
Getting into and out of chair or bed (Transferring)			
Taking or reminding to take medication			
Meal Preparation			
Shopping			
Laundry			
Transportation to Medical Appointments			
Supervision (due to cognition/memory loss)			
Other			

Step 4: If Outside Services Are Needed:

Now that you have a sense of what your loved one's needs are and which of these needs requires outside assistance there are resources in your community to assist you with these decisions.

Aging Service Access Points (ASAPs) are available in every region in the state and can help evaluate the following questions regarding the long-term care needs of a loved one.

- What services or care are available to support community living?
- What assistive devices or home modifications are available to support my loved one living in the community?
- Does insurance cover any services, care and/or home modifications? If not, what funding, loans or donations may be available?

Additionally, if your loved one was previously receiving in-home services from their local ASAP, the ASAP can assist with re-instating services upon their return home.

Step 5: Call your Local Aging Service Access Point (ASAP):

Utilize your local ASAP to help navigate these decisions and ask which option is best for your loved one. Go to www.800AGEINFO.com to identify your local ASAP and their contact information.